# SACWN Inc.

**SACRAMENTO AREA COMMUNITY WOMEN'S NETWORK**

Feb./March. Volume 41


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**SACWN Valentine Dance**
Saturday, February 12th
2003 Howe Ave.
Music by Mercy Me
(70s sound R&B band)
7 PM to 11 PM
No Host Bar
Hors d'oeuvres

Tickets are:
$20 for SACWN members
$25 for non-members and at the door
Make your check payable to: SACWN
send to: SACWN, PO Box 19036,
Sacramento, CA 95819-0036
Your purchased ticket(s) will be held at the door. (Will Call)
*Please be prepared to show ID to pick up tickets.*

## March is Women's History Month

Eileen, the Artistic Director of the True Colors Women's Chorus, is inviting everyone to their wonderful concert in March for Women's History Month. The title of the concert is: *If It Were't For the Women....And Every Day Heroes.* It will be held on March 19 at the YWCA at 7:30 PM and March 20th at the United Methodist Church in Davis at 3:00 PM. They have received the support and backing of the California Commission on the Status of Women and the National Women's History Project. Support is pending from California NOW and the CSUS Women's Studies Department.

This event will include the songs listed below as well as video interviews of "women who've been there". They would like your support as an audience member, sharing the concert information with your personal mailing list, participating in the planning, or helping with production.

For those who think they'd like to sing, please contact Eileen at 206-1135. Whether you can perform will depend on the discretion of the director because of the closeness of the performance. For ticket information call 444-8423.

| Act 1 | Act 2 |
|---|---|
| If It Weren't For the Women<br>Welcome and Intro<br>Standing Before Us (vs. 1)<br>Joan of Arc<br>Miriam<br>Speaker or Video Clip<br>Standing Before Us (vs. 2)<br>Sister Suffragette<br>Harriet Tubman (small group)<br>Speaker or Video Clip<br>Dance a Revolution<br>Video Clip<br>Julia Butterfly<br>Heroes<br><br>INTERMISSION | Standing Before Us (vs. 3)<br>Speaker<br>Dinner Party<br>Mountain Song<br>Ella's Song (solo and small group)<br>Speaker or Video Clip<br>1000 Grandmothers<br>Coming Into My Years<br>Speaker or Video Clip<br>Faith Comes Out of the Closet<br>Speaker<br>Bread and Roses<br>Standing Before Us (vs. 4)<br>(*Grateful) *Under consideration<br>Acknowledgements and invitation to former members to come up from the audience.<br>Sisters, You Keep Me Fighting |

**THE SACWN MISSION**

SACWN's mission is to provide lesbians with social activities in a safe environment, a supportive network, and resources to link our diverse community.

PO Box 19036
Sacramento, CA 95819-0036
916-451-8034
SACWN1@yahoo.com
Website: www.sacwn.com

**STEERING COMMITTEE**

MEMBERSHIP COMMITTEE
Cindy

NEWSLETTER AND WEBSITE COMMITTEE
Sharon J.

SIG COORDINATOR
(open)

VOLUNTEER COORDINATOR
Margaret

TREASURER
Cindy

CHARITY ADVISOR
Mary Lou

LOGISTICAL SUPPORT
Colleen

MARKETING/ SPECIAL PROJECTS
Kelli

EVENT COORDINATOR
Nan

This newsletter is entirely dependent on volunteers.

In order to be included in the next newsletter, material must arrive in our mailbox or at my e-mail address by the tenth of the odd months of the year. (sharonju@surewest.net). We encourage submissions (e.g. Letters to the Editor, news items, photos, etc.) Please type submissions and include your name and phone number for verification. Submissions by E-mail are especially encouraged.

FREE ADS: This section is for selling things of a personal nature, advertising for a roommate or finding a lost love. These ads are FREE to SACWN members who are advertising for personal use (no business advertising in this section).

BUSINESS ADS: Camera-ready ads are $60 per business card size. Ads must be prepaid. Ads are based on 12-month/six issues per year. For more info, please contact Sharon J.

CONFIDENTIALITY: SACWN takes the following precautions to insure the privacy of its members:

1. The mailing list is never sold or lent to anyone--even other women's groups or inquiring lesbians.

2. The newsletter is always sent first class, rather than at the cheaper bulk rate. We will send the newsletter electronically rather than by mail to those who request it.

3. Each newsletter is addressed to a specific subscriber, not to a "resident" or "household".

4. Newsletters are not sent to individual men.

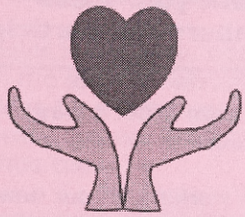
*~~Women who want to participate in the operation of SACWN are encouraged to contact any of the committee coordinators listed at the left.*

Invitation to SACWN General Meeting

We have a General Meeting followed by a Steering Committee meeting on the first Thursday of every month (March 3, April 7, and May 5). We have moved our meeting location to Wyndancse Women's Center. The address is 2400 Glendale Lane, Suite E. (It's off of Alta Arden near Fulton.) Our meetings start at 7 PM. Come and find out what's going on and give your ideas and input to help our organization become stronger and continue to be a reflection of our members' interests.

**Your input is important to us.** If you have suggestions but can't be at the meetings, send an E-mail to SACWN1@yahoo.com with your ideas.

# Happenings in the Community



**SUBMIT YOUR VALENINE'S DAY MESSAGE:**
The February issue of Outlands Magazine is are offering free Valentine messages in the classified section for those wanting to send a greeting to a lover or loved one. Just e-mail it to: www.outlands@outlandsmagazine.com.

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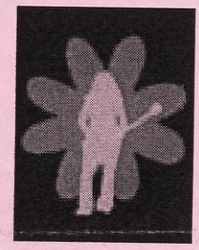
**Wildflowers**



**A new women's band in the area**, Wildflowers, will be playing at Club 21 on Friday, April 1st. Check out their website at: http://www.wildflowersmusic.com/
An all-female band, Wildflowers is easily recognized by powerful vocals, full blends of harmonies, and extraordinary musicianship. Their fun, danceable music appeals to a wide audience of all ages, and their showmanship and professionalism rank among the highest in the business.

The Music:
The Wildflowers' repertoire includes a variety of upbeat, popular music from the 1950s through today. They play rock, top 40, dance/funk, R&B, oldies, and blues favorites, as well as several fresh original songs. Their diverse set list keeps a crowd dancing, singing along, and most importantly, having a great time.

The Performance:
The unmistakable Wildflowers energy is contagious, as their shows -- complete with alternating lead vocals, props, lighting, costume changes, and carefully selected set lists -- are designed to inspire celebration and festivity. With tight grooves, fun music, and honest stage presence, their connection with the audience is instant. One cannot help but feel good at a Wildflowers performance, which explains their fast growing fan base.

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February 12, 6-10 pm **2nd Saturday Art Walk at Uptown Studios**. Fabulous art by Caitlin Schwerin, her art is just so wonderful, bright and fun and unique.
Stop by and check it out. We are also hosting a "Bras, corsets and heels - oh my!" art show... Now this should be something!
912 1/2 J Street
446-1082

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March 11, 5-8 pm **Women's Mixer at Uptown Studios**. Stop by right after work and start your weekend off with cool art and hot women. Hors d'oeuvres and fun. A great way to meet people and enjoy culture. At 8:00 we leave and hit a local restaurant for dinner.
Email tina@uptownstudios.net for more information.

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**A good source for live information related to the law, is the AskNow site.**

They have live law librarians throughout California and they're available in most areas from 8 AM to 5 PM and some days until 8 PM. Get on their website and have a live chat with a law librarian. They can answer questions but can't give advice.
Go to this site: http://www.247ref.org/portal/access_law3.cfm?lib=law#libraries
Click on this icon:

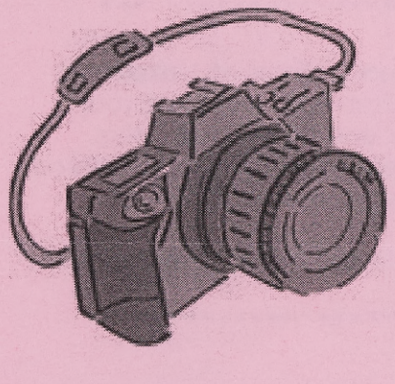
And they'll tell you whether there is someone available to chat with you live in order to answer your question(s).

## Special Interest Groups (SIGS)

**Do you have an idea for a new special interest group?**
**Come to our Monthly Steering Committee meeting and present your idea.**
**We're always happy to offer more groups in which our SACWN members can participate!**

### Photography Group

Bring your camera (digital or film) and enjoy meeting with other women who love photography. At our meetings we'll discuss where our next shoot will take place, share ideas and recent pics, etc. Underwater photographers are welcome. Contact Jessica at 580-7322. E-mail - punky@surewest.net.



### W.O.W. - Womyn on Wednesdays

This is a women's discussion group that meets weekly at the Lambda Center (1927 L Street) at 7 PM. We have topics that are of interest to our members such as safe sex, the role of women in the media, and body image. Also, there are game nights, movie nights, and field trips. And the third week of the month there is a potluck. It is a great place to meet other lesbians in the area and make lasting friendships.
Feel free to contact one of our facilitators: E-mail us at: ourfamily916@msn.com or check us out on the web: http: //lambdasac.org/wow/wow_ index101703.html

### Couples Dinner Group

The Lesbian Couples Dinner Group formed in the summer of 2003. We have a great time sharing good food, good conversation and friendship.

We have approximately 11 couples that meet on a monthly basis at different local restaurants or a couple's home. We are always open for suggestions as to restaurants or activities.

All lesbian couples are welcome to join us for dinner or whatever activity we are having. We meet once a month at a local restaurant to enjoy good food, good friends and good conversation.

To find out where the next Couples dinner is going to be, please contact jazlady88@hotmail.com. Hope to see you soon!

### Top 10

Top 10 is for women over fifty and for women who love women over fifty. This group is for both singles and couples. Each month we get together for a meal at a local restaurant or at home pot lucks.

#### Notes from Kathleen

If you missed the Holiday Potluck on Dec. 18, you missed a Whopping Good Time! There were 40 women in attendance! The turkey and ham, prepared by Dot and Betty, and the ever helpful Linda W. was scrumptious as always. The side dishes were tasty and plentiful, as were the desserts. We enjoyed a brief sing-a-long, lead by Joyce and Brence, and a visit from Santa, who passed out candy canes. Last, but not least, was the Gift Exchange! It was a blast! We laughed and talked for at least 4 hours! It was a very enjoyable day, indeed! And I would like to thank Dot and Betty and Linda for once again hosting this, the most favorite of our yearly events! What a way to send out the Old Year!

I've been working on our new calendar for 2005. Here are our first three events:

**February:**
What: RESTAURANT DINNER--- BACK-FORTY BAR-B-QUE
When: Saturday, Feb. 19th
Where: Roseville
Time: 4:30 P.M.
RSVP: Hostess: Leta 408-1617
Call ASAP to let Leta know if you're coming, so she can get a head count for the restaurant.

**March:**
What: St Patrick's Day Potluck
When: Saturday, Mar. 19th.
Where: Sharon and Paula's House
Time: 2:00 P.M.
Sharon and Paula will provide the corned beef and cabbage, everyone else is asked to provide side dishes and your own drinks.

**Usual events on the schedule** are Easter Potluck and 2nd annual Easter Bonnet Contest, ice cream social, swim party/potluck, 2nd annual picnic/bar-b-que in the park, Halloween party and costume contest, Thanksgiving potluck, holiday potluck and white elephant gift exchange.

**New ideas we're investigating** are bowling/pizza party, learning western line dances and potluck, a (billiards) pool tournament and potluck, and a mah jong party and potluck! Big things are on the horizon! It's going to be an exciting year! If you would like to hostess a party, let me know! If you have any other ideas for an activity, let me know! I'm always open to new ideas! See you all soon. Have a spectacular year!

# SIGS and Other Groups Of Interest

## Seasoned Singles (SS)

Seasoned Singles is for single women over the age of 50 who live in the greater Sacramento area. We are presently looking for a new leader for SS. If you're interested, please contact SACWN at 451-8034 or SACWN1@yahoo.com.

We would like to sincerely thank Shirley for leading this group. We appreciate how much time and effort go into maintaining a SIG Group.

## Seasoned Singles - On Going Activities

Women's Music - For concert information contact Mary at 916-395-4147 or E-mail MaryStoschke@webtv.net

## MORE SIGS THROUGH SACWN

## Arts and Entertainment

(A&E)

From local activities such as the Second Saturday Art Walk to a show in the Bay Area, we enjoy a variety of entertainment. It's great fun and you can reconnect with old friends and meet new ones. If you are interested in participating in or coordinating an event, contact Dee at 443-2377.

**Friday, February 25th** at 7:30 pm let's get together to see the Lambda Players production of "Just Us Girls". This is a new play written by Lambda's Tom Swanner. The setting for this lighthearted comedy is a GLBT library where a lesbian discussion group meet only to have unexpected things happen. Tickets are $15 (general) and $13 (Sr 60+). To reserve tickets call 916-484-4742. Location of play TBA. To RSVP call Dee at 443-2377 by February 24th. Also, let Dee know if you are interested in having dinner before the play.

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## Want to know what else is happening in the area? Check out these groups.

**D.O.T.:** Long time local organization for couples and singles. Age range averaging between 35 and 55 years of age. Contact person is Vickie at dejavu95821@earthlink.net

**If the Shoe Fits (ITSF)**: An organization in the Placerville/El Dorado area that is very active. They have a monthly newsletter with their latest activities. E-mail - itsfnews@hotmail.com or PO Box 295, El Dorado, CA 95623.

**River City Bowlers:** Sacramento's only Gay and Lesbian Bowling League. Contact person is Tom Lane - 916-635-1535.

**Camping Women:** This group is built on the premise that women share equally the joys, privileges and responsibilities of the outdoor experience and thereby realize their own potential and ability to live comfortably in the out-of-doors. The National office web site is: www.campingwomen.org

For local information e-mail Sharon: shtaylor@dfg.ca.gov

**The Gay & Lesbian Sierrans** is another group you may enjoy. They do dayhikes and weekend camp trips. www.motherlode.sierraclub.org/gls/

**Tina Reynolds Uptown Studios**
912 1/2 J Street (inside the orange door)
Sacramento, CA 95814
Email - tina@uptownstudios.net

What is the **Sac Sisterhood group**? I am a part of a African American group of women who love women in sac called the SacSistahood. What is the Sac sisterhood and who are they and when did they come into exisitance?

Our group has been meeting for one year as a social network for black women who identify as same-gender-loving.
http://www.sacsisterhood.com/list.php

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## Friday Night Dances at the Methodist Church

These Friday Night Dances provide a fun environment for everyone. Do you enjoy dancing, want to learn to dance, like to socialize or people watch? Come out and join us for a no pressure, stress-free Friday night out. Dance is structured to the Two-Step, Waltz, Cha-Cha, Salsa and Line Dancing. Are you shy about learning to dance or need extra help in learning the dance steps? We can provide private instruction before the group lesson or connect you with someone at the dance to give a one-on-one lesson.

We are a friendly mix of both couples and singles. Dances are held every Friday night at the Central United Methodist Church, 5265 H Street in the Social Hall. Group lessons start at 7:30pm.
Open dance from 8:00-10:00pm. The Hall has a large hardwood floor with plenty of room to dance. No smoking or alcohol is allowed in the social hall. Children are welcome with adult supervision. A $2.00 donation is appreciated, but not required. We have bottled water or juice for $1.00. (continued on next page)

# What's Happening or Could Happen For You

You can be notified of upcoming events and any announcements related to the dance by joining our E-mail list at nancin@pacbell.net. No junk mail will be sent. For more information call Cindy or Nancy at 916 987-6614.

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**Did you enjoy our SACWN Movie night in November?**

We had about 40 women attend. We would like to continue having these movie nights. However, the rental of the portable projector was very expensive. We would like to know if anyone would like to help us continue these movie nights through purchasing or donating a portable projector to SACWN. If you're willing to help, please contact us at 916-451-8034 or email us at SACWN1@yahoo.com.
We would be grateful for any help you can give.

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## The Wyndansce Women's Center

We are selling Entertainment Books. We can drop them by the Uptown Studios or you can pick up at The Wyndancse Womyn's Center at 2400 Glendale Lane off of Alta Arden between Howe and Fulton near the Arden Fair Mall. You can contact us at (916) 973-2838 ext 258 or on the-cell (916) 628-4823.
The proceeds go for the foster children at Positive Option Family Service.

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## EQUALITY CALIFORNIA
## NATIONAL CENTER FOR LESBIAN RIGHTS

New Publication Demystifies New Domestic Partner Law AB 205 - What it Means for Couples - What it Means for Our Community

The National Center for Lesbian Rights (NCLR) and Equality California (EQCA) today released a new publication designed to help California domestic partners understand the legal implications of AB 205, California's broad new domestic partner law that takes full effect on January 1, 2005. Titled The New California Domestic Partnership Law (AB 205): What it Means for You and Your Family, the document explains who can register as domestic partners, how to register, how to dissolve a partnership, and what rights, benefits, protections and responsibilities will be provided under AB 205.

Starting on January 1, 2005, registered domestic partners in California will be granted most of the rights and responsibilities of married couples under California law. Major changes include community property and financial obligations, parental rights and responsibilities, public benefits, and health care and end-of-life issues. However, registered domestic partners will still be denied the 1,138 rights and responsibilities conferred to married couples under federal law, and they still will have less security than married couples when they travel or move outside California.

Several anti-gay groups have challenged the validity of AB 205 in court. NCLR, along with the Law Office of David C. Codell, Lambda Legal, and the ACLU, intervened in the lawsuit on behalf of twelve same-sex couples and Equality California. In September, a Sacramento Superior Court judge ruled that the law was valid. That decision is now on appeal. In a last-ditch effort, despite having lost in the trial court, the anti-gay groups also filed an emergency request asking the appellate court to prevent the law from going into effect as planned on January 1, 2005. A ruling on this request will be issued shortly.

To view the new NCLR/EQCA AB 205 Publication go to http://www.eqca.org/ Then click on the title "NCLR & EQCA Issue Publication on California's New Domestic Partnership Law.

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## EFT - Emotional Freedom Technique

(taken from Gary Craig's website [http://www.emofree.com/newcomer.htm] and EFT Manual)

**What is EFT?**

I hope this doesn't sound too grandiose, but I've been doing energy healing work since 1991 and my jaw still drops at the results. I've lost count of the number of phobias, panic/anxiety attacks, traumatic memories, guilt, grief and physical ailments that have been elegantly relieved (often in minutes) by this procedure. Even though EFT violates just about every conventional belief out there, the results remain remarkable. EFT isn't perfect, of course. We don't get 100%. But it usually works well and the results are sometimes spectacular. It often works where nothing else will.

EFT centers around the profound effects of the body's subtle energies using the theory that **"the cause of all negative emotions is a disruption in the body's energy system."** Accordingly, EFT is an emotional form of acupuncture except that we don't use needles.

# EFT, continued, and Urban Legends and Hoaxes on the Internet

Instead, we tap with the fingertips to stimulate certain meridian energy points while the client is "tuned in" to the problem.

The subtle energies that circulate throughout the body have been largely ignored (until recently) by western scientists. As a result, our use of them for emotional and spiritual healing has been sparse at best. **With EFT, however, we consider these subtle energies to be the front running cause of emotional upsets.** As a result, we generate results that are FAR beyond those of conventional methods. Even a cursory review of the case histories on this web site will reveal that.

Further, **EFT often provides relief for a very wide range of physical symptoms.** This, too, is abundantly clear in our case histories, which provide unmistakable evidence of the link between our physical ailments and our emotional issues.

EFT is a Doorway to the new Healing High-Rise. It is where a growing number of newcomers to this exciting field get their start. **We now have thousands of practitioners using EFT throughout the world.**

This simple, easy to do technique helps get rid of negative emotions. **This is a completely new paradigm shifting concept. The cause of all negative emotions is involved with the body's energy system.**

## How EFT Works

**Our bodies have a profound electrical nature.** We experience and see examples of this in our lives. When you shuffle your feet across a carpet and touch an item made of metal, you will see the static electricity that is discharged from your fingertips.

If you touch a hot stove you will feel the pain instantly because it is electrically transmitted along the nerves to your brain. Electrical messages are constantly being sent through your body to keep it informed of what is going on. Without this energy flow you would not be able to see, hear, feel, taste or smell.

Another bit of evidence regarding the electricity (energy) in the body are the EEG and EKGs the record the electrical activity of the brain and heart. When the electrical energy stops flowing.....we die.

Long ago, the Chinese discovered a complex system or energy circuits that run thoughout the body These energy circuits, or meridians, are the centerpiece of Eastern health practices and form the basis for modern day acupuncture, acupressure and a wide variety of other healing techniques.

**The energy that flows through the body is analogous to the energy flowing through a TV set.** You can't see it, but you know it is there by it's effects. EFT is the same in that it gives you striking evidence that energy flows within your body because it provides the effects that let you know it is there. **By simply tapping near the end points of your energy meridians, you can experience some profound changes in your emotional and physical health.**

If you're interested, go to the EFT website. http://www.emofree.com/

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## Urban Legends and Hoaxes on the Internet

Do you get those emails that request your response in order to either prevent some wrong doing in society or help someone in the world? Now there are ways you can check out these cries for help or other information. One of these types of hoaxes is the glurge which is the sending of untrue inspirational tales such as: Mel Gibson was the inspiration for the film The Man Without a Face. Then there are all of those strange pictures that couldn't possible be true. When in fact they aren't! See the "big lady" below---

Now there are ways you can check out the truth of these cries for help or other information.
The internet supplies us with quite a few URLs that can tell you if your information is true or not. Here's a list:

http://www.snopes.com/snopes.asp
**This is the "Urban Legends Reference Page.** Just type in your information and they'll give you information as to whether you have a hoax or something true.

Another site is: http://www.breakthechain.org/. They **focus on stopping the emails and junk mails.**

Then there are those **warnings of a virus wandering through the internet.** Check out http://hoaxbusters.ciac.org/. They can give you the correct information. And they can help you recognize hoaxes and tell you what to do about them.

# Spamming and Hoaxes

Another site is: http://urbanlegends.about.com. They will even give you their opinion on the most recent e-mail -"Not One D.... Dime, Day" Check out their site to find out the history of this email.

http://www.scambusters.org/ is a site where **you can sign up to receive their free newsletter to keep up on the latest scams, hoaxes, etc.** They say that the New York Times, Forbes, NPR, The Wall Street Journal, Consumer Reports and more recommended Internet ScamBusters.
Here are some tips this site gave for reducing spam:

## 7 Tips to Help You Reduce or Stop Spam

**1. Use a separate email address when you post messages to any public forum**, such as newsgroups and mailing lists. Never use your personal email address for this purpose -- or you'll be flooded with spam. Then, you can quickly go through the email in this account to see what's spam and what isn't. And your main personal email address won't be as clogged with spam.

For example, AOL users can set up a special user name for free, and use that for their postings. Then, they can just discontinue that account if they start to get too much spam.

**2. Consider acquiring multiple email addresses for different purposes.** This helps you to identify different sources and senders, and lets you filter more effectively.

For instance, you may have one for personal use only by friends, family or colleagues that is never used to request information or to subscribe to newsletters, discussion lists, etc.

Another might be used just for sales inquiries or orders, or for making online purchases. This can be arranged through your ISP, web host or through any number of online email service providers.

Even free mail services like Yahoo! Mail and GMail can be used for this purpose.

**3. You can subscribe to services online that provide you with disposable addresses that can be deleted if they begin to attract spam messages.**

You can create a unique address for each email newsletter or forum you subscribe to. Then, when an email address begins getting spam, you 'throw it away' and start using another email address.

This works because the disposable email addresses actually forward to a real email address of yours. The software lets you track which addresses are getting spam, and you can just resubscribe using a new, spam-free address.

Our favorite company that offers disposable email accounts is Sneakemail. It even has a free version:
http://sneakemail.com

**4. Remove your email address from your website.** If you list or link to your email address, you can expect to be spammed.

Address-harvesting robots will spider your site and extract them. So remove them wherever possible and use web-based forms instead. This will drastically cut down the amount of spam you receive if you have a website.

**5. NEVER buy anything from a company that spams.** Don't visit their sites or ask for more information. (If you respond to their spams, you're encouraging them to continue spamming -- they only need a tiny fraction of responses to be profitable.)

There's another reason not to buy anything from a company that spams: over 95% of spam offers are scams! In fact, not responding to spam is the single most effective way to not get scammed on the Internet.

**6. Filter your email.** Using filters is key to managing your email effectively. It may take a short time to figure out how to do this, but it's definitely worthwhile.

For more anti-spam filtering information, visit:
http://email.about.com/cs/spamfiltering/

For more on negative spam filtering, visit:
http://email.about.com/library/howto/htnegativespamfilter.htm

**7. Consider subscribing to a spam prevention service.** We're not enthusiastic about these services, but many people find them invaluable. They range from the good to the bad to the downright ugly, and from free to fee-based.

Many of these services are "challenge response" services. This means they require that people who send you email to respond by clicking, visiting a website, and/or typing in a code that only a human (not a spam bot) could do correctly.

Unfortunately, many people -- and most newsletter publishers -- simply refuse to participate. That's because it requires people who are sending you legitimate email to take THEIR time to ensure YOU get email.

In fact, many of us consider it rude for you to even ask.

**For information on what you need to know about disposable addresses, visit:**
**http://email.about.com/library/weekly/aa072002a.htm**

# Advertisements and More

## Tsunami Relief - At What Price?

With so many organizations asking for your donations to help the people who have suffered from the impact of the tsunami in December, you ask yourself, How will my donation will be used? What percent is really going toward the victims and what percent is being used for administrative costs?"

I found information that gives a long list of organizations that attempt to give advice to donors on what charities are worthy of their support. Here's the list from this site ePhilanthropy Update eZine: http://www.imakenews.com/ephilanthropy/e_article000112085.cfm

**Better Business Bureau's Wise Giving Alliance** (Arlington VA) assesses charity compliance with accountability standards. http://www.give.org/

**American Institute of Philanthropy** (Chicago, IL) is a nonprofit group that rates charities. http://www.charitywatch.org/

**Charity Navigator** (Mahwah, N.J.) is a nonprofit group that rates charities. http://www.charitynavigator.org/

**GuideStar** (Williamsburg VA) is a nonprofit group that does not rate charities but provides its basic financial data for free. http://www.guidestar.org/

**Wall Watchers** (Matthews, NC) is a nonprofit group that rates Christian-affiliated charities. http://www.wallwatchers.org/ww/front.html

**Philanthropy Group** (Chicago) is a for profit company providing in depth reports on charities for a fee. http://www.thephilanthropygroup.com/

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Martin Luther King, Jr.
Nobel Peace Prize Acceptance Speech
December 10, 1964

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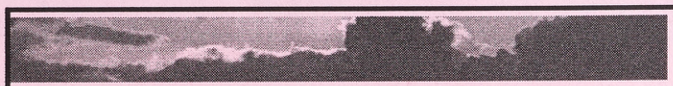

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